

Picnic Turkey Wraps

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2013 ND EFNEP/FNP Calendar

Ingredients:

- 3 ounces non-fat cream cheese
- 2 large whole-wheat flour tortillas
- ½ medium carrot, cut into thin strips
- ½ yellow bell pepper, cut into thin strips
- 4 ounces reduced-sodium sliced turkey breast

Directions:

- Place cream cheese in a bowl and blend until smooth with a hand mixer or food processor.
- Lay tortillas on a work surface and spread with cream cheese spread.
- Place carrot, pepper and turkey over cheese spread.
- Roll tortilla and slice into 3-inch pieces.

Makes 4 servings. Per serving: 160calories, 5 grams (g) fat, 11 g protein, 15 g carbohydrate, and 330 mg sodium.

NDSU EXTENSION
SERVICE